

COMMODITY DISTRIBUTION Fact Sheet

Name: Apples, Red or Green

Product Description:

Good quality apples should be crisp, juicy, flavorful, and well-colored. Skin should be shiny and not dull. There should be no bruising, broken skin, or internal breakdown or browning. Test the firmness of the apple by holding it in the palm of your hand (Do not push with your thumb), it should feel solid and heavy, not soft and light.

Peak Growing Season:

September through May

Uses:

Good for eating fresh, sliced, baked in pies, or tossed in salads.

Preparation:

Apples should be washed before serving. Dip cut apples in citrus-water solution or other anti-oxidant agent to prevent browning.

Storage:

Apples need to be kept cold, preferably in a refrigerator at 32-35°F with a relative humidity of 90-95 percent. Store apples in their original cartons to avoid picking up odors or flavors from other foods. Keep apples dry while storing and do not rinse with water until just before using.

Best If Used By:

When refrigerated, apples can keep for up to 6 weeks.

Nutrition Facts:

One 2-3/4" apple with skin (about 5/8 cup fruit) provides:

Calories	80	Iron	0.3mg
Protein	.3g	Calcium	10mg
Carbohydrates	22g	Sodium	0mg
Fat	0g	Dietary Fiber	5g
Saturated Fat	0g	Vitamin A	6.9RE
Cholesterol	0mg	Vitamin C	8mg

Sources of Information:

<http://www.dole5aday.com>

<http://www.produceoasis.com>

<http://www.usda.gov/fcs/commodities>